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FISH AND WILDLIFE SERVICE

For Release APRIL 13, 1953

FOR FOOD EDITORS

FWS OFFERS A NEW TWIST WITH FISH FILLETS

Here's a new \$64 question. If you had a turban, would you wear it or eat it? In seeking an answer, Webster's dictionary defines a turban as a "headdress worn by Orientals," but if you were to ask the fish cookery experts of the Fish and Wildlife Service they would tell you that a turban is "something to eat."

Fish turbans, they explain, are tender little fillets which are wrapped around savory stuffing and then baked. They are perfect for parties because they are easy to prepare, economical and nutritious.

The home economists of the Fish and Wildlife Service offer the following kitchen-tested recipe for preparing turbans:

Fish Turbans

2 pounds ocean perch or other small fillets  
1 teaspoon salt  
Dash pepper  
Bread stuffing (see below)  
 $\frac{1}{4}$  cup butter or other fat, melted  
3 slices bacon

Skin fillets and sprinkle both sides with salt and pepper. Line 12 well-greased muffin tins with fillets, overlapping ends of fillets. Place ball of stuffing in center of each. Brush tops with butter and place  $\frac{1}{4}$  slice of bacon on each. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serve on a hot platter, plain or with a sauce. Serves 6.

Bread Stuffing

3 tablespoons chopped onion  
 $\frac{3}{4}$  cup chopped celery  
6 tablespoons butter or other fat, melted  
1 teaspoon salt  
Dash pepper  
1 teaspoon thyme, sage, or savory seasoning  
1 quart day-old bread crumbs

Cook onion and celery in butter for about 10 minutes or until tender. Combine all ingredients; mix thoroughly. If stuffing seems very dry, add 1 tablespoon water, milk, or fish stock to moisten.

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